

babyconfidence

10 Top Tips for Helping Your Baby Sleep

1. Whilst many newborns sleep easily in the first few weeks, some are more sensitive, and respond well to swaddling, rocking and/or being held. Help your baby ease his transition into the world by giving him lots of comforting cuddles and/or breastfeeding him to sleep at first. For at least the first month, don't worry about bad habits.

2. Expect your newborn to sleep a lot, but do ensure he feeds adequately. Right from the start I find it's beneficial to encourage a baby to feed at LEAST 5- 6 times in 24 hrs.

3. In the second month, start to work on good sleep habits, but gently. Put baby down for a sleep when he's drowsy but not completely asleep. Return to comfort him if he needs it. This way he will start to learn about going to sleep by himself.



4. Teaching your baby to fall asleep by himself is the most important sleeping skill.

5. Timing is all important-help your baby to settle for a nap when it's the right time for him, use a routine as a guide rather than follow it to the letter. Catching your baby at the right time means he's likely to settle much easier.

6. An overtired baby can find it very difficult to drop off to sleep-give him some extra help-a cuddle, a breastfeed or a walk in the pram or sling.

7. Sleep habits are learned over time-start early but gently and your baby should have some great sleeping habits by 3 or 4 months if not sooner.

8. Most swaddled babies are ready to sleep without their wrapping by 8-12 weeks. By this age the startle reflex is going, and he will be less bothered by his arms as he sleeps.

9. Be consistent with your sleep cues-give your baby the message it's sleep time. sssshing, a cuddle, a swaddle or sleeping bag, a certain lullaby, dimming the lights will all help get your baby 'in the mood' for sleep. When he's a little older -around 6 months- he'll love a bedtime story and a special bedtime soft toy to keep him company.



10. If your sleep routine is disturbed through illness, travelling or anything else, be more flexible to accommodate the changes. Then once you're home or baby is better, go back to your usual routine-be a little firm and your baby should settle back down over a day or two.

This page contains hints and tips for helping your baby sleep. If you are having problems contact us for personalised support and advice. See website for details

www.babyconfidence.co.uk